

3-Day Full-Body Dumbbell Workout Plan

This program is designed for muscle building with only dumbbells. Perform each workout on non-consecutive days (e.g., Monday, Wednesday, Friday). Rest 60–90 seconds between sets.

Day 1 – Strength Focus

Exercise	Sets	Reps
Dumbbell Squat	4	8–10
Dumbbell Bench Press	4	8–10
One-Arm Dumbbell Row	4	8–10 each side
Dumbbell Romanian Deadlift	3	10–12
Dumbbell Side Lateral Raise	3	12–15
Dumbbell Hammer Curl	3	10–12
Dumbbell Overhead Triceps Extension	3	10–12

Day 2 – Hypertrophy Focus

Exercise	Sets	Reps
Dumbbell Goblet Squat	4	10–12
Dumbbell Incline Press (use bench or floor)	4	10–12
Dumbbell Bent-Over Row	4	10–12
Dumbbell Hip Thrust	3	12–15
Dumbbell Arnold Press	3	10–12
Dumbbell Concentration Curl	3	10–12 each side
Dumbbell Kickback	3	12–15

Day 3 – Power & Conditioning

Exercise	Sets	Reps
Dumbbell Thruster (Squat + Press)	4	8–10
Dumbbell Floor Press	4	8–10
Renegade Row	4	8–10 each side
Dumbbell Step-Up (onto chair/bench)	3	10 each leg
Dumbbell Upright Row	3	10–12
Dumbbell Zottman Curl	3	10–12
Dumbbell Skull Crusher	3	10–12